

Orca Swim Team
 2015 Emerald City SCY Pentathlon
 May 16, 2015
 Warm-up: 10:00 AM
 Meet start: 11:00 AM
 Sanctioned by PNA for USMS Inc.
 #365-S006



PENTATHLON RULES:

Short pentathlon events include 50 fly, 50 back, 50 breast, 50 free & 100 IM (marked * above).

Medium Pentathlon events include 100s of each stroke & 200 IM (marked ** above).

Long Pentathlon events include 200s of each stroke & 400 IM (marked *** above). Swimmers do not have to participate in the pentathlon to compete in the meet. Swimmers may register for a maximum of any 5 events, but must register for corresponding events to participate in the pentathlon.

Disqualifications in individual events will normally not disqualify a swimmer from the pentathlon. An additional 10 seconds will be added to the swimmers time for each 50 yards of the race and that time will be used in the pentathlon portion of the meet. The meet referee may suspend this at his/her discretion if it is believed the swimmer did not attempt the proper stroke. The event will still be recorded as a DQ in official meet results.

LOCATION: Seattle University Connolly Center, 550 14th Ave, Seattle WA 98122

FACILITY: 25yd 6 lane pool, 82 degree water, with additional 6 lane x 25 yard warm up pool available throughout the meet.

MEET DIRECTOR: Brock Jones, brockhj@gmail.com, 503-939-4257

MEET REFEREE: Jim Davidson
jedavidson98001@yahoo.com

CONCESSIONS: None

RULES: Current USMS rules will govern the meet.

ELIGIBILITY: Open to all 2015 USMS or foreign registered swimmers 18 and above as of 5/16/2015
 Age groups based on the swimmer's age as of 5/16/2015.

ENTRIES: Swimmers may enter up to 5 individual events. Entries must be postmarked by Friday, May 8, 2015 or online by 11:59 PM (Pacific) Wednesday, May 13, 2015. NO race day entries accepted.

SEEDING: All events slow to fast, age group and sexes mixed. Pre-seeding except for the 400 IM.

CHECK-IN: Positive check-in required for the 400 IM by the conclusion of event #6. Swimmers missing the check-in deadline may be scratched from the event.

AWARDS: Ribbons for places 1-3 in individual events. Medals may be purchased at meet. Special pentathlon awards for first place in for each age group and pentathlon length.

ORDER OF EVENTS:

1	200 Fly***	9	50 Breast*
2	100 Fly**	10	200 Free***
3	50 Fly*	11	100 Free**
4	200 Back***	12	50 Free*
5	100 Back**	10 Minute Break	
6	50 Back*	13	400 IM***
10 Minute Break		14	200 IM**
7	200 Breast***	15	100 IM*
8	100 Breast**		

ONLINE ENTRIES: Enter online at:

https://www.clubassistant.com/club/meet_information.cfm?c=1534&smid=6390

ENTRY FEES: \$16 meet surcharge PLUS \$2 per individual event (US or Canadian; includes LMSC and timing surcharges) (optional \$16 fee for seniors and needs-based swimmers). Entry fees include WA State sales tax.

PAPER ENTRIES: Use the PNA Generic Entry Form available on the PNA Website or in the WetSet. Make checks payable to Orca Swim Team and mail to: Orca Swim Team, PMB 869, 1122 E Pike St, Seattle WA 98122

DIRECTIONS: From northbound I-5, take exit 164A and follow signs to James St Exit. Turn right on James St and proceed for 0.7 miles. Turn right on 14th Ave (pool is located on the left side of the 14th Ave on this block). From southbound I-5, take exit 165A and follow signs to James St. Turn left at the signal at James St. Continue on James St for 0.7 miles. Turn right on 14th Ave. (pool is located on the left side of the 14th Ave on this block)

ENTRY QUESTIONS/CHANGES:

Paul Ikeda, gladorca@aol.com, 206-604-8725

ADDITIONAL INFO: The ORCA SWIM TEAM is 501 (c) (3) non-profit corporation dedicated to promoting the sport of swimming and to educating the public about the value of sports in fitness and community-building. The team is comprised of gay/lesbian and gay/lesbian-friendly swimmers and welcomes all Masters Swimmers to its swim meets. ORCA SWIM TEAM is a member of Pacific Northwest Aquatics (PNA), International Gay and Lesbian Aquatics (IGLA) and Team Seattle.